My Advice to my Sister

السلام عليكم ورحمة الله وبركاته

Hope you're well.
I read your book.. Healing Beyond Cancer.. Maa'Sha'Allah it is very motivating and inspiring. I ask Allah to bless you in your health and reward you for this great initiative you took to inspire others.

I'm myself going through a chronic disease which i have been suffering for years.. i m motivated to try some of your tips you have mentioned.. and to give life another chance while having lost all hopes of healing literally and just getting used to living with the pain after a lot of failed allopathy treatments..

I have a question if you don't mind..

How do I begin and keep myself motivated through the process.. I don't have a supportive circle. people around me don't understand natural healing and often discourage me.

Jazakallah khaira,
Your sister in Islam.

Wa ʿAlaykumu-s-Salām wa Raḥmatullāhi wa Barakātuh sister,

Jazāki ʾllāhu Khayran for your kind words via 𝕏 and for trusting me with your journey. I ask Allāh, *ar-Raḥmān, ash-Shāfī*, to grant you complete *Shifāʾ* (healing) that leaves no ailment behind, to strengthen your heart with *Yaqīn* (certainty), and to bless you with unwavering *Ṣabr* (patience) and *Riḍā* (contentment) during this path.

I truly feel honored that my book *Healing Beyond Cancer* resonated with you. Your message moved me deeply, and you are not alone—there is a growing community of brothers and sisters returning to the principles of *Ṭibb an-Nabawī* (Prophetic Medicine) and natural healing in general, *Al-Ḥamdulillāh.*

Begin with Allāh

The foundation of all-genuine healing begins with returning to Allāh. Set your *Nīyah* (intention) purely for His sake and make *Duʿāʾ* consistently.

Follow the "Less is More" Rule.

One crucial piece of advice I want to emphasize is not to implement too many treatments at once. The body needs time to adapt to each new intervention, and overwhelming it with multiple changes simultaneously can do more harm than good. A steady, structured approach allows the body to adjust and respond effectively. Introduce one new element every seven days, for example.

Be patient and kind to yourself.

Healing is a journey; some days will be slower than others. Consistency is key, even if you have little energy. Healing is not linear. Some days you will feel strong, and other days may be difficult. This is natural. Allow yourself room to rest but never to quit. Even the smallest step forward is still a step. **Remember:** Allāh sees your efforts. Even your smallest act is rewarded.

Mind your mind

Understand that healing is holistic—addressing the body, mind, and soul. Hence, forgive anyone who has wronged you, and seek forgiveness from Allāh. **Emotional detox is more crucial than physical detox!** Limit interactions with people who drain your energy, and instead, seek beneficial knowledge, *Qurʾān* recitation, and company of those who uplift you, even if through books or online.

Simple, Practical Steps

• Perform *Ḥijāmah* (cupping) once a month, if accessible.
• Make *Ruqyah* a daily habit by reciting *Sūrah al-Fātiḥah* over water and drinking it.

Natural Pain Relief

Additionally, for pain relief, there are several natural options worth considering. In one of the books that I have of the world-renowned herbalist, Andrew Chevallier, he recommends the following:
• **Rhizome**: A well-known pain-relieving herb. Taking 2 grams of dried powder twice daily with food can help ease discomfort.
• **Corydalis**: A powerful Chinese remedy used for over 1,500 years to relieve a wide range of painful conditions.

Other natural pain relievers that I learned from Dr. Barbara O'Neill: Bromelain, ginger, devil's claw, boswellia, and white willow bark—all of which not only relieve pain but also contain vital nutrients that strengthen the body and promote healing, *wa lillāhil Ḥamd*. I regularly consumed ginger, bromelain, and devil's claw. I do not know exactly where you experiencing pain, but these remedies have been traditionally used for a wide spectrum of conditions. If needed, you may also find recipes and methods online that outline their optimal usage.

In conclusion

Above all, *Ukthī*, never underestimate the power of *Tafāʾul* (optimism), *Duʿāʾ* and *Tawakkul* upon Allāh. Shaykh Abū Khadījah ʿAbd al-Wāḥid Alam wrote a splendid article regarding optimism on his website: https://abukhadeejah.com/good-omens-and-good-thoughts-regarding-allaah-being-optimistic-when-faced-with-troubles/

> Good Signs and Bad Omens - Abu Khadeejah
>
> In the name of Allah, Most Merciful, Bestower of Mercy. Introductory Note. Here are some English language

(British) definitions of the usage of the term omen that help us to understand the intent of the usage:. Oxford English Dictionary: An event regarded as a portent of good or evil. Collins English Dictionary: A phenomenon or occurrence regarded as a sign of future happiness or disaster.

abukhadeejah.com

While taking the *Asbāb* (means) is important, the ultimate *Shifāʾ* is in His Hands alone. Encourage yourself to increase in *Tawakkul*, *Ṣalāh*, and seeking closeness to Allāh, for no remedy is greater than the *Dhikr* (remembrance) of Allāh and sincere supplication.

May Allāh make this illness a means of purification and reward, grant ease and patience to you. If you need anything else, I am always here, *bi idhni ʾllāh.*

Allāh knows best, and I ask Allāh to grant you healing and well-being. Ultimately, Allāh is the One Who Grants Success. May peace and blessings be upon our beloved Prophet Moḥammad ﷺ, his family, his companions, and all those who follow his guidance until the Day of Judgment. Āmīn.

Jaouad Yakhlef

Tangier, Morocco
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